



Air Alert: The Complete Vertical Jump Program - Teaching You How To Jump Higher

Timur Tukel

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Air Alert: The Complete Vertical Jump Program is a true vertical jump training program that will teach you how to naturally, safely and effectively increase your vertical jump by 8 to 14 inches over a 15 week period. With absolutely no weight training required, Air Alert delivers amazing results.

Sold for the past 20 years, Air Alert is the game's all time highest selling and most used vertical leap training workout. If you desire to jump higher, then this program is for you.

Also included is a bonus chapter on teaching you how to focus and play within the unconscious zone making you a more fluid and dominating player.

Air Alert guarantees you will jump higher and guarantees you will play better.

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